MONDAY REPORT

Lucy Kubiszyn, Editor
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SHELTON STATE COMMUNITY COLLEGE
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SHELTON STATE TO OFFER THREE WELLNESS COURSES IN JANUARY

Three healthy living courses will begin at Shelton State Community College in January and will be offered through the new continuing education program.

"Cooking Healthy," "A Behavioral Approach to Overeating," and "Becoming a Successful Aerobic Instructor" will be offered weekly in the evening beginning January 19. The classes will be taught at the Shelton State Wellness Center under the direction of Milady Khoury Murphy. The cost for each class is $50.

The "Cooking Healthy" class will teach students ways of preparing and cooking foods that are both healthy and tasty, according to Khoury Murphy. The guidelines used in this class are governed by the American Heart Association. This class will meet each Monday evening, beginning January 25 at 7 p.m. in the Wellness Center and will continue for 10 consecutive weeks. The instructor for the class is Ann Betak.

The "Behavior Approach to Overeating" class teaches individuals how to overcome the problem of overeating by helping them learn to deal with the underlying stress in their lives. The class will help students learn to change behavior that causes them to overeat. Meeting each Tuesday evening for 10 weeks, the class will begin January 19 at 7 p.m. Mona Horshok will be the instructor.

The third class scheduled to be offered in January is the one that prepares students to become aerobic dance instructors. Students will learn various techniques and teaching skills they will need in order to be certified in aerobic dance. This five-week class will meet each Wednesday evening for one hour in the Wellness Center beginning January 20. The instructor for the class is Linda Dunn.

All three classes will be one hour in length and will be offered at 7 p.m. in the Shelton State Wellness Center. Continuing education credit will be offered. To register for the classes, contact Dr. Khoury-Murphy at 391-2394 at the Wellness Center.

Shelton State's continuing education program is under the direction of June Hogue and is sponsored by the Shelton State Foundation. For additional information on the continuing education classes, contact Hogue, 391-2411.

SHELTON'S FACULTY MEMBER DISPLAYS SCULPTURE

Shelton State faculty member Carole Johnson is exhibiting one of her sculptures in the fall 1993 University of Alabama student sculpture show. This piece, an untitled assemblage in glazed paper, wood, and jute, is presently on display in the Ferguson Center Gallery on the University of Alabama campus. Johnson studied art at Sophie Newcomb College in New Orleans and at Shelton State under Dr. Bethany Engle. Currently, she is studying sculpture at the University of Alabama. She has also been a full-time English faculty member at Shelton State since 1981. In January 1993, Mrs. Johnson will have a one-woman show in the library at Shelton State. Last year, as part of a national trend of acknowledging "outsider art" or art from non-traditional sources, she and fellow faculty member Sharon Deck displayed works from their "thrift-store" collection.

SHELTON SINGERS PRESENTED CHRISTMAS PROGRAM

The music department at Shelton State Community College presented their Christmas Celebration Monday in the Skyland Boulevard campus auditorium. The program featured performances by The Shelton Singers, the Bach to Rock Ensemble, and the Shelton Brass Ensemble in an array of Christmas music.

REGISTRATION FOR SPRING SEMESTER

DATE: JANUARY 11, 1993 - STUDENTS WHOSE LAST NAMES BEGIN WITH M-Z.
TIME: 12 NOON-7 P.M.

DATE: JANUARY 12, 1993 - STUDENTS WHOSE LAST NAMES BEGIN WITH A-L.
TIME: 12 NOON -7 P.M. -

REGISTRATION HOTLINE: (205) 391-2293

SHELTON STATE DAYS AT MCFARLAND MALL

On Saturday, December 12, Shelton State Community College will travel to McFarland Mall for Shelton State Days scheduled from 2-7 p.m. Information on the college as well as various student groups and entertainment will be part of the day's activities.

At 2:30 p.m. the High Noon Country Band will entertain mall visitors. Members of the band are Theresa McDonald, Kris Sullivan, Kerry Mitchell, Stewart Hilton, and Kermit Duke.

From 3-4 p.m. members of the college's Adult Studies program will demonstrate some of their exercises and weight lifting routines that are part of their program at Shelton's Wellness Center.

At 4 p.m. Theatre Tuscaloosa will offer entertainment by some of the cast from their Christmas production of A Christmas Carol currently playing at the Bama Theatre. Also during this time, Shelton's Child Development Center will offer one hour of creative art for children. This is a free children's activity that will be offered during the day.

Shelton State's Chemistry Club will present a magical Chemistry Show at 5 p. m., and at 5:55 p.m., a drawing for a framed Basil Edes print and other prizes will be held by the Spanish Club to help fund the Mabel Harries Endowed Spanish Scholarship.

From 6-7 p.m., The Shelton Singers and the Shelton Brass Ensemble will wrap up the day's activities with a grand finale of Christmas numbers.

Various clubs will also have booths and helium-filled ballons will be given to children during the day. For additional information on Shelton State Days, contact Lucy Kubiszyn, 391-2221.